

Health Tips for seniors

Calcium-rich foods

Recommendation

- 1,200 mg per day

Try these foods to meet your daily calcium needs:

- Whole ground, self-rising, white corn meal (1 cup = 402 mg)
- Macaroni & cheese (1 cup = 362 mg)
- Low-fat yogurt with fruit (1 cup = 345 mg)
- Chocolate shake (10 fluid ounces = 319 mg)
- Skim milk (1 cup = 302 mg)
- Homemade vanilla pudding (1 cup = 298 mg)
- Lobster thermidor (5.5 ounces = 290 mg)
- Oyster stew (1 cup = 274 mg)
- Soft serve ice milk (1 cup = 274 mg)
- Dried figs (10 figs = 269 mg)
- Frozen yogurt (1 cup = 240 mg)
- Cheese pizza (1 slice = 220 mg)
- Cheddar cheese (1 ounce = 204 mg)
- Canned salmon with bones (3.5 ounces = 185 mg)
- Vanilla ice cream (1 cup = 176 mg)
- Cooked rhubarb (1/2 cup = 174 mg)
- 2% fat cottage cheese (1 cup = 155 mg)

